

# 3/04

## march

is National Nutrition Month

The NIH Division of Nutrition Research Coordination (DNRC) brings you an important message to maintain or improve your health:

Make healthy changes in your life a priority. Take time to be physically active and to eat healthy foods.

### BENEFITS OF PHYSICAL ACTIVITY

- Increases energy expenditure (*burning of calories*) during activity and for awhile afterwards.



- Reduces risk of coronary heart disease by improving blood circulation throughout the body.

- Helps improve blood cholesterol levels and helps prevent high blood pressure.

- Increases muscle strength and helps prevent bone loss.

- Reduces risk of type 2 diabetes, obesity, osteoporosis, and colon cancer.

- Stabilizes blood glucose (the primary goal of diabetes treatment).

- Provides a feeling of well-being, improves self-esteem, and helps to manage stress and anxiety.

- Improves ability to fall asleep quickly and to have restful sleep.



### HOW MUCH ACTIVITY?

- For adults, at least 30 minutes on most days of the week.
- For children, at least 60 minutes on most days of the week.
- The activity may be done at one time or in smaller time units such as two 15-minute periods or three 10-minute periods for a total of 30 minutes for adults.

### TIPS TO BECOME MORE PHYSICALLY ACTIVE:

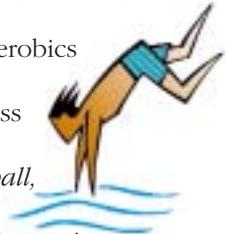
- Find activities you enjoy (*dance class, racquetball, swimming*) so you look forward to them.
- Build activities into your day so they become automatic:
  - ▶ Take the stairs instead of the elevator.
  - ▶ Park at the far end of the parking lot so you can walk a little farther to your building.
  - ▶ At lunchtime, take a walk, go to the gym, or join an exercise class.
- Find activities you can share with family, friends, and co-workers (*tennis, skiing, line-dancing*).
- Plan weekend activities that involve more activity (*biking, biking, gardening*).
- Use a pedometer to count your steps; add a few more steps every day.



### EXAMPLES OF PHYSICAL ACTIVITIES

**Endurance activities** *Activities that increase your heart rate and breathing and improve cardiovascular fitness.*

- walking, hiking, jogging, running
- biking
- swimming or water aerobics
- dancing (ballet, jazz, modern), aerobics class
- cross country skiing
- most sports (*racquetball, basketball, tennis*)
- raking leaves, gardening, using a push mower
  - cleaning the house
  - playing with children



**Activities for strength and/or flexibility** *Helps build muscle and bone; also burns calories; helps keep you limber*

- carrying groceries or children
- lifting weights
- using weight machines at the gym
- social dancing (*waltzing, tango, line dancing*)
- stretching
- yoga



FOR MORE INFORMATION VISIT:  
<http://fitness.gov/activelife/activelife.html>  
<http://www.healthierUS.gov>



**DNRC**

## HINTS FOR HEALTHIER FOOD INTAKE

### Fruits & vegetables

5-9 servings/day

- Try to include a fruit or vegetable every time you eat.
- Eat cruciferous vegetables (cabbage, broccoli, cauliflower, bok choy, collard greens, and radishes) several times a week.
- Substitute a fresh, canned, or frozen fruit for your usual dessert.



### Benefits of fruits & vegetables

- Many are high in vitamin A, vitamin C, folic acid, dietary fiber, and phytochemicals (health promoting components).
- Naturally low in calories, fat, & sodium; contain no cholesterol.
- Help promote a healthy digestive tract and may lower risk of cancer.

### Good Sources of Vitamin A

- Orange vegetables like carrots, sweet potatoes, pumpkin
- Dark leafy greens like spinach, collards, turnip greens, kale, mustard greens, romaine
- Orange fruits like mango, cantaloupe, apricots
- Tomatoes



### Good Sources of Vitamin C

- Citrus fruits & juices (oranges, grapefruit, tangerine)
- Fruits like strawberries, blackberries, blueberries, raspberries, cherries, cantaloupe, honeydew melon, watermelon, apricots, mango, pineapple, plums, kiwi fruit

- Vegetables like broccoli, Brussels sprouts, cauliflower, green/red bell peppers, tomatoes, cabbage
- Dark leafy greens like spinach, collards, turnip greens, kale, mustard greens, romaine

### Good Sources of Folic Acid

- Legumes & fruit like beans, peas, peanuts, orange, orange juice
- Dark leafy greens like spinach, collards, turnip greens, kale, mustard greens, romaine



Be sure to include 2-3 servings/day of foods high in calcium (for bone health).

### Sources include:

- milk, yogurt, cheese
- tofu made with calcium sulfate (check the ingredient list)
- canned fish with soft bones like salmon, sardines
- fruit juice with added calcium
- soup and pudding made with milk
- broccoli, collards, turnip greens, kale, bok choy
- soy-based beverage with added calcium
- breakfast cereal with added calcium

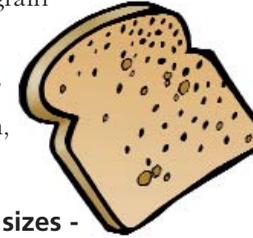
### Get adequate, but not excessive, protein (2-3 servings/day).

- Sources include lean meat, poultry, fish, eggs, beans, tofu, soyburgers, nuts, seeds.



Emphasize whole grain rather than refined grain products (6 or more servings/day). These foods are sources of dietary fiber, some B vitamins, and some minerals.

Whole grain products include whole grain breads, brown rice, oatmeal, bulgur (cracked wheat), whole grain corn, popcorn, pearl barley.



### Select sensible portion sizes - What is a serving?

#### Vegetables:

- 1 cup of raw leafy greens like lettuce, romaine, or spinach
- 1/2 cup of other cooked or raw vegetables
- 3/4 cup of vegetable juice

#### Fruits:

- 1 small-medium apple, banana, orange, pear
- 1/2 cup of chopped, cooked, or canned fruit
- 3/4 cup of fruit juice

#### Grain Products:

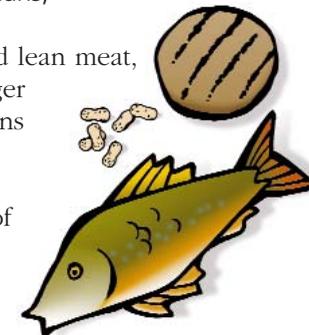
- 1 slice of bread
- about 1 cup of ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

#### Dairy Products:

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese (like Cheddar)
- 2 ounces of processed cheese (like American)

#### Meat, Poultry, Fish, Beans, Eggs, Nuts & Seeds:

- 2-3 ounces of cooked lean meat, poultry, fish, soyburger
- 1 cup of cooked beans
- 1 cup of tofu
- 2 eggs
- 4 level tablespoons of peanut butter
- 2/3 cup of nuts



### When Eating Out:

- Choose small portion sizes, share an entrée with a friend, or take part of the food home.
- Skip the mayonnaise on hamburgers and sandwiches
- Ask for salad dressings and sauces "on the side" so you can use less.
- Have a side salad instead of French fries. Ask for a substitute if the meal comes with fries.
- Select non-caloric beverages like tap, seltzer, or mineral water; diet sodas, coffee, or tea.
- Don't "supersize" to get more calories for less money.



### Other Hints

- Put less food on your plate than usual and eat slowly. It takes about 20 minutes before your brain realizes that you are full. Using smaller plates and bowls may help you eat less.
- Read food and beverage labels and choose carefully to limit your intake of foods and beverages calories, fat, sugars, and/or sodium.
- Be especially careful to limit portion sizes of foods high in calories such as cookies, cakes, pastries, other sweets, French fries, potato chips, sauces, gravies, and spreads (butter, margarine, mayonnaise).

FOR MORE INFORMATION VISIT:

<http://www.5aday.gov/index-quick.shtml>  
[www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)  
[www.dnrc.nih.gov](http://www.dnrc.nih.gov)